

My Puberty and Period Social Story

A simple story to help me understand my changing body.

1. My Body Will Grow and Change



My body is growing.

Everyone grows and changes as they get older.

This is normal and okay.

2. Puberty Happens Slowly



Puberty does not happen all at once.

Changes happen a little at a time.

I can ask an adult I trust if I have questions.

3. Hair May Grow in New Places



I might get hair under my arms and between my legs.

This is what happens to all older children.

It means my body is developing.

4. My Feelings Might Change Too



Sometimes I may feel happy, sad, annoyed, or worried.
Feelings can change quickly during puberty.
If I feel confused, I can talk to an adult to help me.

5. What Is a Period?



A period is when a small amount of blood comes from my vagina.
It is not because I am hurt.
It means my body is healthy and growing.

6. Periods Come From Inside My Body



Inside my body is a special place called the uterus.
Every month, the uterus gets ready for a baby.
When there is no baby, the extra lining comes out as blood.
This is called a *period*.

7. Periods Are Normal



Most girls and women have periods.
Periods usually last a few days.
They come again about once a month.

8. I Can Use Pads to Stay Clean



I can put a **pad** in my underwear to catch the blood.
Pads are soft and comfortable.
An adult can help me learn how to use them.

9. I Will Change My Pad Regularly



I will change my pad every few hours.
This helps me stay clean and feel fresh.

10. Sometimes I Might Feel Cramps



My tummy or back might feel sore during a period.
This is called cramping.
Rest, warmth, or talking to an adult can help.

11. I Can Ask for Help



If I have questions or worries,
I can talk to:

- Mum or Dad

- A teacher
 - A trusted adult
- They want to help me.

12. My Body Is Growing Up



Having a period is part of growing up.
My body is doing what it is supposed to do.
I am learning how to take care of myself.